



Dietary supplements – theory and practice

1. IMPRINT

Academic Year	2023/2024
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical science
Study Profile	general academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non-compulsory
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Department of Social Medicine and Public Health, Medical University of Warsaw ul. Oczki 3, 02-007 Warszawa phone: 22 621-52-56, 22-621-51-97, e-mail: msizp@wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Prof. Aneta Nitsch-Osuch, MD, PhD
Course coordinator	Katarzyna Okręglicka, PhD e-mail: kokreglicka@wum.edu.pl
Person responsible for syllabus	Katarzyna Okręglicka, PhD e-mail: kokreglicka@wum.edu.pl
Teachers	Katarzyna Okręglicka, PhD

2. BASIC INFORMATION

Year and semester of studies	1st-6th; Winter and summer semesters (e-learning)	Number of ECTS credits	2.00
FORMS OF CLASSES	Number of hours	ECTS credits calculation	
Contacting hours with academic teacher			
Lecture (L)			
Seminar (S)	30 (e-learning)	1.00	
Discussions (D)			
e-learning (e-L)			
Practical classes (PC)			
Work placement (WP)			
Unassisted student's work			
Preparation for classes and completions	30	1.00	

3. COURSE OBJECTIVES

O1	Familiarise oneself with the types of available on market dietary supplements. Dietary Supplement Regulation on Polish and European market.
O2	Familiarise oneself with the relationship between various dietary supplements intake and the state of human health.
O3	Familiarise oneself with food additives present in dietary supplements and functional food (sweeteners, preservatives, antioxidants), their safety of use and health effects.

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of the effect of learning in accordance with standards of learning	Effects in time (<i>in accordance with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019</i>)
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Knowledge – Graduate* knows and understands:

G.K1	assesses the risk resulting from inadequate health quality of food, used food additives and products intended for contact with food;
G.K2	knows and understands issues related to food safety and nutrition and adverse effects of substances added intentionally and pollutants;
G.K3	knows the methods used to assess the nutritional value of food, the method of determination the content of food additives and impurities;
G.K4	knows the problems of enriched foods, dietary supplements and special nutritional use remedies;

G.K5	knows the basic regulations in the field of national and European Union food law;
G.K6	knows the problems of natural medicines and dietary supplements containing medicinal plant materials and their application in the prevention and therapy of various disease entities;
G.K7	knows the rules for placing medicinal plant products on the market and dietary supplements containing plant raw materials;

Skills– Graduate* is able to:

G.S1	uses sources of information on research in the field of food health and nutrition, including guidelines, scientific publications and legal provisions, and makes a critical assessment of sources in accordance with the principles of evidence-based bromatology and evidence based nutrition;
G.S2	properly provides information on the use of dietary supplements and nutritional preparations;
G.S3	evaluates the diet quality in terms of coverage of energy requirement and basic nutrients;
G.S4	critically examines the medical references, including local and foreign literature, draws conclusions based on the available literature;
G.S5	trying to avoid a medical error in their own activities;

* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)

Number of effect of learning	Effects of learning in time
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Knowledge – Graduate knows and understands:

K1	
K2	

Skills– Graduate is able to:

S1	
S2	

Social Competencies – Graduate is ready for:

SC1	
SC2	

6. CLASSES

Form of class	Class contents	Effects of Learning
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S-el1	Dietary supplements – definitions, legal regulation on Polish and European market	DW40, DW44, DU64
S-el2	Vitamins and minerals supplements – indications to use	DW36, DU17, DU59, DU64
S-el3	Bioactive plant compound used in dietary supplements with proven beneficial effects on the human body.	DW41, DU17, DU64
S-el4	Food Additives - definitions, legal regulation on Polish and European market.	DW29, DW33, DW35, DW40
S-el5	Non-sugar sweeteners – safe alternative for sugar or hazard.	DW35, DU17
S-el6	Preservatives, antioxidants, food colouring – benefits and limitations in use	DW35, DU17
S-el7	Food additives health impact.	DW35, DU17
S-el8	Theory vs practice – part 1. Dietary supplements exposure – deficiency or overdose. Practice course.	DU65, GU6
S-el9	Theory vs practice – part 2. Sugar or Non-sugar sweeteners exposure – safe intake or overdose. Practice course.	DU65, GU6
S-el10	Theory vs practice – part. 3 Common food preservatives – main sources in diet. Practice course.	DU65, GU6

7. LITERATURE

Obligatory

1. Dietary Supplements: Safety, Efficacy and Quality Edited by: K. Berginc and S. Kreft, 2014
2. <https://www.efsa.europa.eu/en/topics/topic/food-supplements>
3. <https://www.efsa.europa.eu/en/topics/topic/food-additives>

Supplementary

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
<i>e.g. G.K1, G.S1, K1</i>	<i>This field defines the methods used for grading students e.g. pop quiz, test, written report etc.</i>	<i>e.g. threshold number of points</i>
G.K1-7, G.S1-2, G.S4	Active participation in e-learning. Test	Certificate
G.S3, G.S5	Active participation in seminars, preparing final work. Test	To pass is necessary to collect above 60% of the maximum possible points from assignments and test.

9. ADDITIONAL INFORMATION

Optional course – full on e-learning platform.

Access to e-learning will be available from 21th of October 2023 to 8th January 2024 and 1st March to 31st of May 2024;

A person responsible for the course: Katarzyna Okręglicka PhD, katarzyna.okreglicka@wum.edu.pl, Oczki 3 Street, room 213.

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ATTENTION

The final 10 minutes of the last class of the block/semester/year should be allotted for students to fill out the Survey of Evaluation of Classes and Academic Teachers